

Standardized Recipe Form

Recipe Name: Chicken and Dumplings Category Entree Recipe # _____

(i.e., entrée, breads)

Process: 2 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients * Indicates a commodity item (Local) Indicates a local item – may vary by season	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Chicken Mixture: Carrots, peeled & cut in ¼ to ½ inch rounds (Local) Celery, cut diagonally ¼ to ½ inch slices-include some of the most tender celery leaves (Local) Chicken, left over or raw, diced into ½ to 1 inch cubes Water Chicken base (Adjust amount to taste) Salt Pepper Dumplings: Baking Mix* (USDA Granny Bunt) Milk (Local)	5 lb + 9 oz 2 qt + ¾ cup 2 lb + 12 ½ oz 2 Tbsp + 5/8 tsp 1/8 cup 1 Tbsp + 3/8 tsp 1 1/8 tsp 2 qt + 3 cups 1 qt + 3/8 cup	11 lbs + 2 oz 1 gal + 1 ¾ cup 5 lbs 9 oz ¼ cup + 1 3/8 tsp 1/3 cup 2 Tbsp + 5/8 tsp 2 ¼ tsp 1 ¼ gal + 2 ¼ cup 2 qt + ¾ cup	Chicken Mixture: 1. Combine chicken mixture ingredients 2. Bring to a boil 3. Cover and cook for about 20 minutes or until vegetables are cooked but still firm 4. Add dumplings Dumplings: 1. Stir baking mix and milk with fork until just mixed 2. Dough will be slightly stiff 3. Drop by spoonful on top of chicken mixture. A #30 scoop works well. 4. Cook uncovered for 10 minutes 5. Cook covered for 10 to 15 minutes 6. Keep warm and serve. ◇ This recipe can be cooked on top of stove in 4” -6” full steam-table pan or in oven. Times are longer if cooked in oven. Chicken should be increased for larger portions of protein as needed.

Serving Size 1 cup including 2 dumplings Pan Size _____

Oven Temperature & Baking Time:

Temperature _____ Minutes _____

Yield _____ Number of Pans _____

Conventional _____

Convection _____

Meal Pattern (Based on Serving Size): _____

1 oz Meat/Meat Alternative

 Fruit/Vegetable

1.5 Grains/Breads

If available, **Nutrition Analysis:** **Serving Size:** _____

184 Calories 1.51 Saturated Fat (g) 3.6 Vitamin C (mg)

10.6 Protein (g) 601 Sodium (mg) 8608 Vitamin A (IU)

5.91 Total Fat (g) 3.55 Fiber (g) 101 Calcium (mg)

28.9 % Calories from Total Fat 1.53 Iron (mg)

This recipe developed by Kennie Johnson, OPI.